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ONE DOLLAR A YEAR

UNCLE SAM'S ADVICE ON FLU

U. S. Public Health Service Issues
Official Health Bulletin
on Influenza.

LATEST WORD ON SUBJECT.

Epidemic Probably Not Spanish in
Origin—Germ Still Unknown—Peo-
ple Should Guard Against "Droplet
Infection"—Surgeon General Blue
Makes Authoritative Statement.

Washington, D. C.—(Special).—Al-
though King Alfonso of Spain was
one of the victims of the influenza epi-
demic in 1893 and again this summer,
Spanish authorities repudiate any
claim to influenza as a "Spanish" dis-
ease. If the people of this country do
not take care the epidemic will be-
come so widespread throughout the
United States that soon we shall hear
the disease called "American" influ-
enza.

In response to a request for definite
information concerning Spanish influ-
enza, Surgeon General Rupert Blue of
the U. S. Public Health Service has
authorized the following official inter-
view:

What is Spanish influenza? Is it
something new? Does it come from
Spain?

"The disease now occurring in this
country and called 'Spanish Influenza'
resembles a very contagious kind of
'cold,' accompanied by fever, pains

Coughs and Sneezes Spread Diseases



in the head, eyes, ears, back or other
parts of the body and a feeling of se-
vere sickness. In most of the cases the
symptoms disappear after three or four
days, the patient then rapidly recover-
ing. Some of the patients, however,
develop pneumonia, or inflammation
of the ear, or meningitis, and many of
these complicated cases die. Whether
this so-called 'Spanish' influenza is
identical with the epidemics of influ-
enza of earlier years is not yet known.

"Epidemics of influenza have visited
this country since 1647. It is interest-
ing to know that this first epidemic
was brought here from Valencia,
Spain. Since that time there have
been numerous epidemics of the dis-
ease. In 1889 and 1890 an epidemic
of influenza, starting somewhere in the
Orient, spread first to Russia and
thence over practically the entire civ-
ilized world. Three years later there
was another flare-up of the disease.
Both times the epidemic spread wide-
ly over the United States.

"Although the present epidemic is
called 'Spanish influenza,' there is no
reason to believe that it originated in
Spain. Some writers who have studied
the question believe that the epidemic
came from the Orient and they call
attention to the fact that the Germans
mention the disease as occurring along
the eastern front in the summer and
fall of 1917.

How can 'Spanish influenza' be re-
cognized?

"There is as yet no certain way in
which a single case of 'Spanish influ-
enza' can be recognized. On the other
hand, recognition is easy where there
is a group of cases. In contrast
to the outbreaks of ordinary coughs
and colds, which usually occur in the
cold months, epidemics of influenza
may occur at any season of the year.
Thus the present epidemic raged most
intensely in Europe in May, June and
July. Moreover, in the case of ordi-
nary colds, the general symptoms
(fever, pain, depression) are by no
means as severe or as sudden in their
onset as they are in influenza. Final-
ly, ordinary colds do not spread
through the community so rapidly or
so extensively as does influenza.

"In most cases a person taken sick
with influenza feels sick rather sud-
denly. He feels weak, has pains in the
eyes, ears, head or back, and may be
sore all over. Many patients feel
dizzy, some vomit. Most of the pa-
tients complain of feeling chilly, and
with this comes a fever in which the
temperature rises to 100 to 104. In
most cases the pulse remains relative-
ly slow.

"In appearance one is struck by the
fact that the patient looks sick. His
eyes and the inner side of his eyelids

may be slightly 'bloodshot,' or 'con-
gested,' as the doctors say. There
may be running from the nose, or
there may be some cough. These signs
of a cold may not be marked; never-
theless the patient looks and feels very
sick.

"In addition to the appearance and
the symptoms already described, ex-
amination of the patient's blood may
aid the physician in recognizing 'Span-
ish influenza,' for it has been found
that in this disease the number of
its corpuscles shows little or no in-
crease above the normal. It is possi-
ble that the laboratory investigations
now being made through the National
Research Council and the United
States Hygienic Laboratory will fur-
nish a more certain way in which in-
dividual cases of this disease can be
recognized.

What is the course of the disease?

"Ordinarily, the fever lasts from
three to four days and the patient re-
covers. But while the proportion of
deaths in the present epidemic has
generally been low, in some places the
outbreak has been severe and deaths
have been numerous. When death oc-
curs it is usually the result of a com-
plication.

What causes the disease and how is
it spread?

"Bacteriologists who have studied in-
fluenza epidemics in the past have
found in many of the cases a very
small rod-shaped germ called, after its
discoverer, Pfeiffer's bacillus. In other
cases of apparently the same kind of
disease there were found pneumococci,
the germs of lobar pneumonia. Still
others have been caused by strepto-
cocci, and by others germs with long
names.

"No matter what particular kind of
germ causes the epidemic, it is now
believed that influenza is always
spread from person to person, the
germs being carried with the air along
with the very small droplets of mucus,
expelled by coughing or sneezing,
forceful talking, and the like by one
who already has the germs of the dis-
ease. They may also be carried about
in the air in the form of dust coming
from dried mucus, from coughing and
sneezing, or from careless people who
spit on the floor and on the sidewalk.
As in most other catching diseases, a
person who has only a mild attack of
the disease himself may give a very
severe attack to others."

What should be done by those who
catch the disease?

"It is very important that every per-
son who becomes sick with influenza
should go home at once and go to bed.
This will help keep away dangerous
complications and, at the same time,
keep the patient from scattering the
disease far and wide. It is highly
desirable that no one be allowed to
sleep in the same room with the pa-
tient. In fact, no one but the nurse
should be allowed in the room.

"If there is cough and sputum or
running of the eyes and nose, care
should be taken that all such dis-
charges are collected on bits of gauze
or rag or paper napkins and burned.
If the patient complains of fever and
headache, he should be given water to
drink, a cold compress to the forehead
and a light sponge. Only such medi-
cine should be given as is prescribed
by the doctor. It is foolish to ask the
druggist to prescribe and may be dan-
gerous to take the so-called 'safe, sure
and harmless' remedies advertised by
patent medicine manufacturers.

"If the patient is so situated that he
can be attended only by some one who
must also look after others in the fam-
ily, it is advisable that such attendant
wear a wrapper, apron or gown over
the ordinary house clothes while in the
sick room and slip this off when leav-
ing to look after the others.

"Nurses and attendants will do well
to guard against breathing in danger-
ous disease germs by wearing a simple
fold of gauze or mask while near the
patient."

Will a person who has had influenza
before catch the disease again?

"It is well known that an attack of
measles or scarlet fever or smallpox
usually protects a person against an-
other attack of the same disease. This
appears not to be true of 'Spanish in-
fluenza.' According to newspaper re-
ports the King of Spain suffered an
attack of influenza during the epi-
demic thirty years ago, and was again
stricken during the recent outbreak in
Spain."

How can one guard against influ-
enza?

"In guarding against disease of all
kinds, it is important that the body be
kept strong and able to fight off dis-
ease germs. This can be done by hav-
ing a proper proportion of work, play
and rest, by keeping the body well
clothed, and by eating sufficient whole-
some and properly selected food. In
connection with diet, it is well to re-
member that milk is one of the best
all-around foods obtainable for adults
as well as children. So far as a dis-
ease like influenza is concerned, health
authorities everywhere recognize the
very close relation between its spread
and overcrowded homes. While it is
not always possible, especially in
times like the present, to avoid such
overcrowding, people should consider
the health danger and make every
effort to reduce the home overcrowd-
ing to a minimum. The value of fresh
air through open windows cannot be

How About the Farmer?

The end of the fourth Liberty Loan campaign is close at hand, and the South has not fully met its share of this national obligation.

There have been many subscriptions, and many of them were large. There were some which represented merely the surplus money of wealthy folk; there were many which meant real self-denial by the poor. But on the whole, we have not made a sacrifice. We have said to ourselves: "I can't spare any money just now," and turned the canvassers away with a small subscription or with nothing at all.

Now, let us think this thing over, you and I. This is our war. Our boys are fighting in it, our country is backing it. It is just as much our war as though the Germans were bombarding Charleston or Savannah or Brunswick or New Orleans and threatening to march inland, burning and destroying, and murdering innocent women and children. It isn't a far-away war in Europe. It is our war.

Let us consider this bond issue as a cold-blooded business proposition. If you like. Suppose we were stockholders in a big business house which had been waging a great and expensive fight for success. Suppose our rivals had fought us hard and had almost won the victory. Suppose that we had poured every effort into the business and were gaining the advantage, that we were right on the eve of permanent success—and our money ran out!

Let us suppose that the president and directors you had elected to run that business called on us as stockholders for more money to win this fight; that they assured us and proved to us that additional funds would win, and pay us a handsome return. Would we button up our pocketbooks and say: "No, it isn't our business. We can't spare the money?" No. We would pour in all we had and mortgage our farms to borrow more, and we'd pour that in, if we had faith in the business and the men who were conducting it for us.

And we must not forget that the United States is our business, and the greatest business of all. We have entered into a campaign to lick Germany and lick her so she can never raise her head again. And that takes money. If we are not willing to pay our share, we prove we have no trust in our own government.

The Southern farmer was worried a few weeks ago because he be-
lieved the government was going to fix a low price on cotton. That was
not done, and we have assurances that it will not be done. President Wil-
son heard the appeal of the cotton planter and was governed by it. Now
he asks, in the name of the government, that the cotton planter and every
other farmer bear his share of the burden of the Liberty Loan and lend
the country every dollar he can save. Suppose the cotton planter of the
South shows up in the last reports as having failed to do his fair share.
What position will he find himself in when he goes to Washington again
to ask that he be protected?

This fourth Liberty Loan is a big affair, but it is not a dollar too big
if every man will take the lesson home to himself and do his full share,
without thinking of how big the amount of the national loan is. There
is not a man or woman in the United States who has a farm or a store or
a shop or a job who cannot buy a bond of large size or small. The banks
have made arrangements for small payments lasting six months. The man
who cannot save and invest \$50 in six months is a mighty poor citizen. And
the average man who has two legs and two arms can do a great deal better
than that.

And there's something else—if you want to get back to the straight
business side of this Liberty Loan—a government bond, paying four and one-
fourth per cent interest, better than gold or silver, which earns nothing—
is a mighty good thing to have stuck away against that time of trouble
which comes to all of us some day.

SEE DEER AS FOOD SUPPLY

Belief That Animals Can Be Domesticated and Raised Like the Ordinary Live Stock.

There has been advocated the
scheme of raising deer as a source of
meat supply in this country. It is be-
lieved that deer farming could be
made as profitable as any other live-
stock industry.

It has been pointed out that the Vir-
ginia deer and the Rocky mountain elk
are best suited for this purpose. Elk
have been acclimated in many parts
of the world and everywhere they
show the same vigor and hardiness.
They adapt themselves to almost any
environment and their increase under
domestication is equal to that of ordi-
nary cattle.

It is contended that there are large
areas of rough land in the United
States, like the Ozarks and the Alle-
gheny regions, where elk could be
profitably raised. The Virginia deer
is adaptable to almost all parts of this
country and thrives on land unsuited
to horses.

First Balloon Ascension.

The first balloon ascension is said
to have been made by Pere Berthold
Guzman, a Portuguese priest, in 1790,
or 60 years before Mongolfier.

over emphasized.
"When crowding is unavoidable, as
in street cars, care should be taken to
keep the face so turned as not to in-
hale directly the air breathed out by
another person.

"It is especially important to be
aware of the person who coughs or
sneezes without covering his mouth
and nose. It also follows that one
should keep out of crowds and stuffy
places as much as possible, keep
homes, offices and workshops well
aired, spend some time out of doors
each day, walk to work if at all prac-
ticable—in short, make every possible
effort to breathe as much pure air as
possible.

"In all health matters follow the ad-
vice of your doctor and obey the regu-
lations of your local and state health
officers."

"Cover up each cough and sneeze,
if you don't you'll spread disease."

FIGURES LONG IN HISTORY

Stirling Castle Inseparably Connected
With All That the Scottish Heart
Holds Dear.

Recently the English government
sent some German prisoners of war to
Stirling castle. The ancient fortress
is again a prison; again the "eye of
the north" keeps watch over the na-
tion's safety. Stirling is only a few
hours' ride from Glasgow, but it is
a journey from the nineteenth century
to the middle ages. The castle, on
the right bank of the Forth, is built on
the highest tip of a promontory, close
to the edge of the crag. Its position
is almost impregnable.

On the north and south a rolling
plain stretches away to the foot of the
Ochil hills, below the Forth winds sil-
ver across the plain. On the east and
west the water protects the fortress.
The key to the highlands, the bulwark
of the north, Stirling was for cen-
turies Scotland's main defense against
the invading English.

Much history has been made on the
plain at the castle's foot. The Ger-
man prisoners from the ramparts can
view the scene of seven important bat-
tles. On the northwest on the top of
a high hill stands a statue to William
Wallace. At the foot of the hill was
fought the battle of Stirling. Just in-
side the curve of the Forth is the field
of Cambuskenneth, where in 843 the
Scots defeated the Picts. Falkirk,
where Wallace was defeated, lies to the
south. Years later on this same field
Prince Charlie won one of his most
important battles. Bannockburn, the
holy ground of Scotland, lies to the
south. From the castle you can see
the center of the field, the Bore-
stone, marked by a tall white flagpole.

Mary of Scots was crowned in the
castle hall. Her son, afterwards James
the Sixth, passed his baby days here.
The iron bars at the windows of some
of the rooms were placed there to pro-
tect the tiny prince from kidnapers.
Years afterwards he was crowned as
king in the same walls. John Knox
preached the coronation sermon.

Advice for Would-Be Flyers.

The secret of the whole game of
learning to fly is, I believe, never to
get excited. I have seen beginner after
beginner smash when he was first sent
up to fly. They run along the ground,
pull back the stick, as told, and a mo-
ment later are so astounded to find
themselves 20 or 30 feet off the ground
that they can think of nothing but shut-
ting off the throttle. Many crash
down flat first, with controls in clum-
bly position to the last. If they would
simply think—

"Ha, old boy, you're in the air at
last—some thrill, but the main thing
now is to stay here a bit and then
ease down without a crash. Ease the
stick forward—now we have stopped
climbing. Feel that puff—she's tip-
pling, but a little stick or rudder will
stop that. Now pique her down, and
reduce the gas a notch or two. Here
comes the ground—straighten her out;
too much, she's climbing again; there-
fore, cut the gas—a little more—there—
not a bad landing for the first try."—C. B.
Nordhoff in the Atlantic.

Food Waster Rebuked.

The man who went into a Dallas
(Texas) hotel dining room and com-
plained because sugar was rationed
probably believes now that it would
have been more sensible for him to
eat what was set before him and say
nothing. When he was told sugar was
scarce the man broke up two rolls
into bits and threw them on the floor.
Inside of an hour a committee waited
upon him and he was told to buy a
Red Cross button, apologize to the
waitress for rudeness and write a let-
ter daily to the Dallas council of de-
fense as long as he remained in Texas,
so that his movements could be fol-
lowed. The man showed that he was
sorry for his display of temper and
it is not believed he will waste food
any more.

Weigh the Babies.

If you have babies to weigh prepare
to weigh them now. This is the ba-
bies' year. It began April 6, the first
anniversary of our entrance into the
war. The first step is to weigh all the
children under five years of age. The
idea is to begin with the children, to
build up the nation of tomorrow.

Many of the physical defects which
caused the rejection of applicants for
enlistment in the army and navy are
believed to have had their beginning
in infancy and the committee believes
a higher standard of physical effi-
ciency in the rising generation will re-
sult from these tests. Height, weight and
reach are considered a rough index of
a child's health.

Emperor Karl.

The impression which the Austrian
emperor has made on his subjects,
since his accession, is showing itself
in the nickname which he bears in
Vienna—Karl der Ploetzliche—which
may be translated Charles the Man
of Impulse, because of the emperor's
brusque decisions. The Tzsch nick-
name is: "Karel Novak spruce kon-
kursal podstaty firmy Austria,"
which appears in English as "Charles
Jones, official receiver of the liquida-
tion of the house of Austria."

HIS GREAT RICHES

Man's Treasures That Are Be-
yond Reach of Thieves.

Here Is Example We All Might Follow
and the World Would Be Better
Place in Which
to Live.

I have just had a wonderful conver-
sation with a friend who is noted for
his generosity. I do not refer to money,
because he has little. I refer to the
generosity of his thought matters. He
is always doing things for people—al-
ways thinking about the other fellow
—always helping.

One of the remarkable characteris-
tics of this man is his happiness. He
has the kindest face imaginable, the
sweetest disposition. He is the richest
man I know, rich because he has the
most. Not money—but friends, brains,
ideas, knowledge of the world to an
extraordinary degree, ability to enter-
tain, ability to listen, stories to tell,
remarkable experiences to recollect
and to talk about.

Now for the conversation. He asked
me what I thought was the most won-
derful comment on life I had ever
heard or read. I could not answer
him, but I asked him for his choice.
What seemed to him the most won-
derful and truthful thing he ever heard
or read? Here it is as he quoted it
from Jean Jacques Rousseau:

"The dead take to their graves, in
their clutched fingers, only that which
they have given away."

I looked at him—and saw in his face
no sign of realization that the quota-
tion applied to himself. He had no
idea that unconsciously he was giving
expression to his own creed of living.
He was as simple and honest and
naïve as a child. He admired Rouss-
seau's idea, saw the truth of it, loved
it, but never dreamed that he himself
is a living embodiment of it—a man
whose hands are filled with riches.

Somehow as I walked back to the
office from lunch (where my friend
quoted Rousseau), I thought that the
idea was a good one to pass on. Here
we go through life, grabbing, grabbing,
grabbing—yet seldom getting anything
worth while. Money, fame and all the
rest—yet passing over the things which
in later years we might clutch to our
bosoms and find comfort in.

The war provides a great opportu-
nity for all of us to get rich—with
the rewards that come to those who
serve. Don't let the chance go by. If
you can't fight, give to the Red Cross,
give to the Y. M. C. A., buy Liberty
bonds, buy War Savings stamps. Give,
serve, spend. Spend that you may re-
ceive. Have some part in the common
lot. Do something—the happy recol-
lection of which you will carry with
you in the years to come.

Private Peat tells in a magazine ar-
ticle this month of the most tender,
gentle thing he ever saw a soldier do.
He tells how upon asking a soldier who
was shivering with cold and pain what
had become of his overcoat, the soldier
answered: "Oh, my pal was killed back
there, and he looked so cold, lying
there in the rain, that I took off my
coat and put it over him."

Tell us—did you ever hear of any-
body richer than that poor, freezing
boy who laid his coat over his dead
pal, as a final mark of affectionate
service? Wouldn't you like to be as
rich as that?

"The dead take to their graves, in
their clutched fingers, only that which
they have given away."—American
Magazine.

Stop Outdoor Photography in London.

Orders have been made by the com-
petent military authority, under the
defense of the realm regulations, pro-
hibiting the making, without permis-
sion, of any photograph, sketch, plan,
model, "or other representation of any
place or thing," within a given area.
No person in this area shall, without
lawful authority or excuse, have in
his possession any photographic or
other apparatus "or other material or
thing suitable for use in making any
such representations." The area af-
fected includes the metropolitan po-
lice district and large portions of the
counties of Essex, Kent and Surrey.—
London Telegraph.

Where He Had Trained.

The intrepid sergeant was being
pumped by the war correspondent, af-
ter receiving a medal for extraordinary
gallantry in leading his squad to the
second line in a night raid, and re-
turning with valuable information.
"I deserve no credit at all," he pro-
tested. "It should all go to Neigh-
bor Jones, who raised watermelons in
the sandy fields along the creek when
I was a boy and kept a battalion of
bulldogs and hounds to guard them."

One Penalty of War.

Women may be coming into their
own, but, nevertheless, one of the
most startling of wartime revolutions
is the present prominence of the
bridegroom, who is displacing entirely
the bride as the center of attention
when the guests assemble.—Illinois
State Register.